



Office News: Summer 2023

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NORTH CYPRESS
Internal Medicine and Wellness

Dear Patients:

As the mercury rises this summer, we hope you're staying chill, both literally and figuratively. Let us help you find a cool, calm oasis with healthy lifestyle changes that will refresh your mind, body and spirit. Please call our office if you'd like to learn more or to schedule an appointment with our dedicated coaching team.

Live healthy, live well,
Dorothy Cohen Serna, MD and Kelly Englund, MD

Eat Well: Feed Your Gut with Fermented Foods

Did you know there are trillions of bacteria living in your gut, collectively known as the microbiome, that have a huge impact on your health and wellness?



Encouraging growth of friendly bacteria is one of the most important steps we can take to stay healthy, and eating fermented foods may play a key role. While the science continues to emerge around fermented foods, we know they contain vast amounts of microorganisms that can help you maintain a healthy gut – along with eating a plant-based diet, exercising regularly, and engaging in healthy sleep practices.

Getting started with fermented foods may be easier than you think...you may already be eating them and not know it!

Try these for a delicious dose of health:

- **Sauerkraut**, to enjoy on salads, avocado toast, or straight up as a big 'ol spoonful of flavor!
- **Kimchi**, a spicy Korean dish of cabbage, radishes and scallions
- **Miso**, a Japanese fermented soybean paste used in soups and sauces
- **Kombucha**, a sweet tea beverage fermented with a symbiotic colony of bacteria and yeast
- **Lacto-fermented cucumbers**, a special type of pickle
- **Kefir**, a tangy drink for those who include dairy in their diet

For a growing collection of great recipes and wellness resources please visit:

<https://drserna.com/north-cypress-wellness/>

Coaching

CORNER



Meet Madison Campbell, our new Health Coach

"A health coach won't tell you what to do, because we all know that doesn't work...and you already know what to do! Instead, we'll work together to unpack your goals, name what's important, and co-create a plan for taking the next steps forward."

Madison Campbell, NBC-HWC, CSCS, CPT, RYT-200, has devoted her career to a singular mission: making health, wellness and physical activity accessible and sustainable for people of all ages. As a dedicated advocate and partner-coach, she brings years of experience to North Cypress Internal Medicine & Wellness, and a genuine passion for helping patients reach their most heartfelt health goals.

Madison is a board-certified Health & Wellness Coach, strength and conditioning specialist, certified personal trainer, and registered yoga teacher. She provides guidance in the areas of exercise, mindfulness, connection, stress management, nourishment, meaningful work, and more, inspiring patients to achieve lasting lifestyle changes.

She also teaches, mentors, and writes curriculum for the Health Coach Certificate Program at Emory University. Previously, she held various roles at the American Heart Association, Leukemia & Lymphoma Society, and the Boys & Girls Clubs of America. Madison has lived over 15 years in Europe as a US Army dependent, and traveled extensively. Her latest and longest stop is Atlanta, Georgia where she also reared two sons. An avid rower, weight-lifter and learner, she loves to spend volunteer time visiting others with her certified therapy dog Chip.

The Wellness Coaching Team